

Minor Injuries – Wounds and Bleeding



Treatment For Minor Cuts and Grazes



Incised wound



Laceration



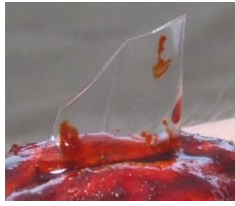
Abrasion

- Check the wound for any foreign objects such as dirt or gravel
- Clean the wound under running water
- If the wound is still bleeding, it can be controlled by raising the injured part above the level of the heart and applying direct pressure
- Gently dry the wound
- Apply a first aid dressing
- Seek further medical help if required



**A first aid dressing secured with a bandage.
This will help to control any bleeding and will
protect the wound**

Protruding Foreign Object



Glass embedded in a wound

If there is a deeply embedded foreign object within the wound such as a piece of glass, then it is important that the object is not pulled out from the injury, but instead left in place to be removed by medical staff at hospital. The wound should be bandaged in a way that avoids any pressure being placed directly over the embedded object.

Treatment



Build up padding on either side of the object



Bandage over the padding

- Bleeding can be controlled by raising the injured site above the level of the casualty's heart and applying pressure to either side of the protruding item – do not press directly down onto it
- Place a light dressing such as a piece of gauze gently over the foreign object
- Use rolled up bandages to build up padding on both sides of the object, ensuring that the padding is high enough so that the foreign object can be bandaged over without being pressed down on to
- The casualty will need to go to hospital

Puncture Wounds



Puncture wounds are small in size, but the damage can run deep

A puncture wound is caused by an object which pierces the skin and travels inwards. Accidents such as standing on a sharp spike or putting your hand onto barbed wire will result in a puncture wound. The actual size of the wound is often extremely small, but the wound can be deep causing damage

to internal tissue and organs. Also, dirt can be pushed far into the wound, which increases the risk of infection. The wound should be cleaned under running water, dried and a dressing applied. Bleeding can be controlled by elevation and direct pressure until it stops. Seek medical advice and make sure that the casualty is up to date with their tetanus immunisation.

Stab Wounds



It might not look serious, but when inflicted in vital areas of the body, a single stab wound can be fatal



A stab wound can cause massive deep internal trauma

Stab wounds can look very small and minor with the cut on the skin surface possibly being only 1 cm long and very little external bleeding. However, there can be massive internal damage to organs with internal bleeding developing as the sharp object cuts its way deep into the body, especially if the stab wound is on the torso. So, just because the cut looks small and insignificant, there is a fair chance it isn't. Control any external bleeding by raising the injured part and applying direct pressure. Treat the casualty for shock. Monitor their vital signs and dial 999.

Eye Wounds



Cover the injured eye with a first aid dressing

Wearing eye protection is one of the golden rules when playing airsoft and the safety brief before any game should make this clear. Players should not be removing eye protection during game play because of the risk of being shot in the eye. However, as with all things in life accidents do happen, often as a result of poor judgement or lack of concentration and a player being shot in an unprotected eye can be the result of this. But it is not only an airsoft BB that can cause an eye injury. Walking into a low hanging branch of a tree and catching your eye on a sharp twig, or having the

surface of the eye scratched by dirt and grit can also be very painful and extremely serious. I am reluctantly including eye wounds in an article about minor injuries more for importance than anything else. I certainly would not classify any wound to the eye as a minor injury due to the risk of loss of sight and life changing potential.

Treatment



Secure the dressing over the eye in place with a bandage

- Encourage the casualty to sit or lay down
- Ask them to keep both of their eyes still
- Do not attempt to remove any object that is embedded in the eye
- Apply a first aid dressing over the injured eye
- Do not bandage directly over any object which is protruding from the eye
- The casualty needs to be sent to hospital

Knocked Out Tooth

I have been witness to a player having part of a front tooth shot out by a BB. You always think that it will not happen to you – until it does. If a tooth is broken off or completely knocked out and the missing tooth can be found again, it is important to observe the following steps.

Treatment



Bite down onto a gauze pad to stop bleeding from a tooth socket

- If the tooth is dirty, gently wash it in milk or tap water. Do not touch the root of the tooth and do not let the tooth dry out
- Try to reinsert the tooth back into the socket (Adult tooth only)
- If the tooth is reinserted, ask the casualty to bite down onto a piece of gauze or a clean pad

- If the tooth cannot be put back into the socket, either store the tooth inside the casualty's cheek or keep the tooth in a glass of milk
- If the tooth is missing and there is bleeding from the open tooth socket, fold up a piece of gauze or a clean pad and hold it over the socket and ask the casualty to bite down onto it
- If the tooth is only broken or chipped, store the part that is broken off in a glass of milk
- Visit a dentist straight away

Nosebleed

A nosebleed can be spontaneous, or as a result of an injury to the nose or face. A large amount of blood can be lost through a nosebleed if it is not controlled, with the problem being made worse if the casualty is taking medications such as aspirin and warfarin as these drugs thin the blood. Sometimes a nose bleed can be the sign of a more severe underlying head or facial injury, so if the bleeding follows significant head or facial trauma, and the blood is thin and watery in nature call 999 at once.

Treatment



Tip the head forwards and pinch the fleshy part of the nose

- Sit the casualty down and tip their head forwards to prevent the blood flowing down the throat
- Encourage the casualty to only breathe through their mouth and to avoid sniffing
- Ask the casualty to pinch the top of the fleshy part of their nose firmly for ten minutes
- If after this time the nose is still bleeding, re-apply the pressure for a time of up to twenty minutes, then release the pressure and check again
- If the bleeding has stopped, advise the casualty to rest and avoid blowing their nose
- If however, the bleeding cannot be stopped and has lasted for a period of thirty minutes, the casualty needs to be taken to hospital

Scalp Wounds

Even small cuts to the head can bleed considerably which can make the wound look more serious than what it actually is. However, if the injury has been caused by a significant force such as from falling from height, suspect a more serious head and neck injury and call 999.

Signs of a serious head injury

- Loss of / reduced levels of consciousness
- Confusion

- Dizziness
- Vomiting
- Headache
- Unequal pupils
- Convulsions
- Bleeding from the ears or nose
- Bruising around the eyes

Minor Scalp Wound –Treatment



Dressing a minor scalp wound

- Sit the casualty down
- Replace any skin flaps around the wound
- Apply firm direct pressure over the wound
- Secure the dressing in place with a bandage
- Seek medical help
- If the casualty shows any signs of deteriorating, call 999 immediately

About Shock

Clinical shock is the body's response to a loss of fluid – in this case blood. People die from shock, so it is important to recognise the signs and symptoms, and know how to treat it. Not all blood loss is external, so the following signs and symptoms may be your only indicator.

Shock Signs and Symptoms

- Pale, cold and clammy skin
- Initial rapid pulse but becoming weak
- Fast breathing
- Weakness and dizzy
- Nausea / vomiting
- Thirst
- Skin becomes grey / blue in colour with cyanosis of the lips
- Blood pressure drops
- Becomes unconscious
- Cardiac arrest

Shock – Treatment

- Treat any cause of shock
- Lay the casualty down, ensuring they are insulated from the cold ground
- Raise and support the legs above the level of their heart
- Loosen any tight clothing
- Keep the casualty warm and reassure them
- Monitor their levels of response, breathing and pulse whilst help is on the way